

## Contact Details

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PRESS RELEASE

### **EXPERIENCE THE SOLUTION TO A HEALTHY LIVING WITH RENEE M. BEAVERS, FREEDOM FROM FOOD APPETITE RETREAT TOUR**

**December 2018-** Renee M. Beavers, a WPPB Lifestyle Movement Guide, who is already known for evoking high-flying deeds in the area of healthy living and lifestyle proudly announces the availability of *Freedom from Food Curriculum* and *21 Day Journey WPPB lifestyle Oil Free Cookbook*. Renee's purpose is aimed at providing hope, freedom and liberty to individuals who have been trapped in unhealthy relationships with the foods they eat and people.

*"If we continue to do the same thing, eat the same foods, we obviously don't expect a different result and failure is inevitable. Our Lifestyle Movement are designed to empower our community with the tools, support, and information necessary to achieve an ultimate lifestyle of success. Join us on this journey towards achieving a life with fewer regrets"* said Renee M Beavers of WPPB Lifestyle Movement.

The tour is designed to engage communities in adopting strategies that address the prevention and management of chronic diseases. Several health care studies have shown that chronic disease represent the biggest threat to our health and wellness. These drivers have increased health care costs in United States. However, the good news is chronic disease can be drastically reduced when prevention is implemented.

*Freedom from Food* is a curriculum designed to provide solutions, support, and a source of community. Most programs offer many "how to", but *Freedom from Food* helps you to discover your "why." By practicing the principles of Priorities, Forgiveness, and Choices.

Renee welcomes invitations for participation with women's conferences, health fairs, panel discussions, and magazine, television, radio, and newspaper interviews. The lifestyle brand mogul has been seen on TBN, ABC, and ATLANTA LIVE. Renee, also won the Atlanta Potluck and Pitch Cash Award in September, 2017. This amazing woman is the author of the *21day Journey Whole Person Plant-Based Cookbook*, *Tragedy to Majesty Devotional* and *Freedom from Food Six Week Small Group Curriculum*.

Click on the following links to connect with Renee on social media; Facebook: [www.facebook.com/reneembeavers](http://www.facebook.com/reneembeavers) Twitter: [www.reneembeavers.com](http://www.reneembeavers.com)

For more detailed information about Renee M. Beavers please visit [www.reneembeavers.com/](http://www.reneembeavers.com/)

**More about Renee M. Beavers**

Renee is a wife, mother, author, Christ follower, and entrepreneur, author plant-based strategist, who was born and bred in Detroit, Michigan by two drug-addicted parents. She served in the beauty industry for 28 years and struggled with food addiction and serial dieting for 20 years. Renee has been married to her best friend for 29 years. She is also a certificate holder in plant-based nutrition from T .Colin Campbell Center for Nutrition Studies through eCornell University